

# The BurnNet News

April 2020, Volume 39, No. 4

## BURNNET SURVIVORS MEETING



Thursday, **April 2**, 7:30-9:30pm

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. The BurnNet Survivors meetings are held on the 7<sup>th</sup> floor of the Davis Tower, Room 7705. For more information, call Deb Jones RN at (916) 734-5596 or [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

## IS YOUR SOUP SAFE?

Examination of the burn risk from consuming instant cup of soup was led by our burn surgeons, David G. Greenhalgh MD and Tina L. Palmieri MD in 2006 through 2008. The research found that prepackaged soups are a frequent cause of scald injuries among children. When the study first started, soup burns represented approximately 8% of all burn admissions. But a more recent study completed by Courtney Allen MD of Emory University, determined scald burns related to instant soups and noodles affect more than 9,500 children annually. This means 1 in 5, or over 20% of the scald injuries in children in the US are from the preparation of prepackaged soups!

The design of the soup containers, which cook soup with the addition of hot water or microwaving, are the main culprit. The 2006 study examined the packaging for 13 instant, ready-to-serve soups designed for eating out of the container. The research pinpointed product-design flaws as a chief cause for the risk of scald burns. The soup containers frequently were tall, narrow at their base and broad at their top, making it easy for them to tip over and spill their hot contents. "Simple changes in the shapes of these containers would have a major impact on the incidence of soup-related burns," the study concluded.

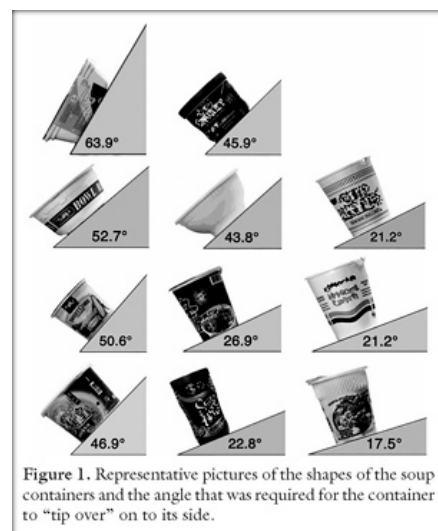


Figure 1. Representative pictures of the shapes of the soup containers and the angle that was required for the container to "tip over" on to its side.

We can challenge existing corporate practices in order to effect a direct change in production. As these companies have not introduced safer packaging in 14 years, let's force the change in order to make it safer for us and our children. Purchase only brands that are sold in safe containers or contact those companies who currently ignore the safety of our children for the sake of profits. Remember, holding the powerful to account takes fearlessness. Tenacity. And you.

~Deb Jones RN

Research re: safe soup article:

<https://www.ncbi.nlm.nih.gov/pubmed/16819351>

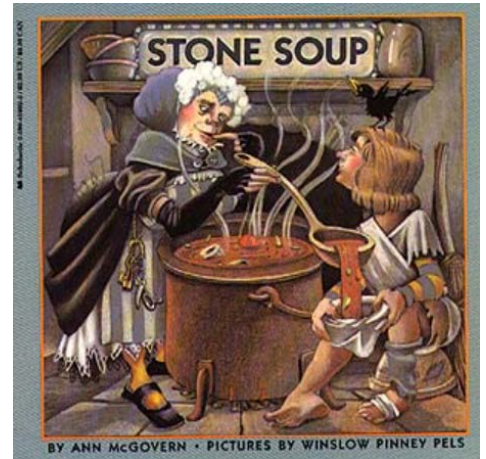
<https://www.ncbi.nlm.nih.gov/pubmed/18182907>

[https://pediatrics.aappublications.org/content/144/2\\_MeetingAbstract/94](https://pediatrics.aappublications.org/content/144/2_MeetingAbstract/94)

## STONE SOUP

*Imagine a world in which we all shared our gifts and bounty with each other, rather than focusing on self-preservation.*

There are many variations on the story of stone soup, but they all involve a traveler coming into a town beset by famine. The inhabitants try to discourage the traveler from staying, fearing he wants them to give him food. They tell him in no uncertain terms that there's no food anywhere to be found. The traveler explains that he doesn't need any food and that, in fact, he was planning to make a soup to share with all of them. The villagers watch suspiciously as he builds a fire and fills a cauldron with water. With great ceremony, he pulls a stone from a bag, dropping the stone into the pot of water. He sniffs the brew extravagantly and exclaims how delicious stone soup is. As the villagers begin to show interest, he mentions how good the soup would be with just a little cabbage in it. A villager brings out a cabbage to share. This episode repeats itself until the soup has cabbage, carrots, onions, and beets-- indeed, a substantial soup that feeds everyone in the village.



This story addresses the human tendency to hoard in times of deprivation. When resources are scarce, we pull back and put all of our energy into self-preservation. We isolate ourselves and shut out others. As the story of stone soup reveals, in doing so, we often deprive ourselves and everyone else of a feast. This metaphor plays out beyond the realm of food. We hoard ideas, love, and energy, thinking we will be richer if we keep to them to ourselves, when in truth we make the world, and ourselves, poorer whenever we greedily stockpile our reserves. The traveler was able to see that the villagers were holding back, and he had the genius to draw them out and inspire them to give, thus creating a spread that none of them could have created alone.

Are you like one of the villagers, holding back? If you come forward and share your gifts, you will inspire others to do the same. The reward is a banquet that can nourish many.

~Madisyn Taylor, [www.dailyom.com](http://www.dailyom.com)

Consider sharing your gifts by joining the Phoenix SOAR (Survivors Offering Assistance in Recovery) Program. Our next Phoenix SOAR Quarterly meeting is June 4<sup>th</sup>, 6:00PM – 7:30PM, Davis Tower Room# 7705 (same room and just before our monthly BurnNet Survivor Meeting); or call our Burn Outreach Coordinator at (916) 734-5596



Would you like to receive The BurnNet News every month?

Email Deb Jones RN at [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

You can also find The BurnNet News at our website:

[www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html](http://www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html)

## QUESTION:

Shower. Wound care. Getting dressed. Meals. My therapist, Mark said, "Exercise every hour you're awake." It may not sound like a lot, but I get SO tired since coming home. Can't I just take a nap?

## ANSWER:

Even as a non-burn survivor, we're often compelled to be as active and productive as possible during as many hours of the day as we possibly can. While this can lead to great feats of accomplishment in your burn journey, you may become exhausted and find yourself craving rest and rejuvenation. You may feel like taking a nap but feel guilty about indulging in even ten minutes of rest. This need for personal downtime, which many people experience in the early afternoon, is not a sign of laziness, nor dependent on the size of your burn, or even related to how much sleep you had the night before.



Napping is a pleasurable yet brief period of sleep when our minds and bodies can take a break. Some may think this is for children or the elderly, but napping can benefit people of all ages, and especially those recovering from a burn injury. Snoozing for 20-30 minutes can promote physical well-being by reducing fatigue, increasing alertness, and improving cognitive performance. Even a short 10-minute nap can leave you feeling more cheerful. Falling into a light sleep during the daytime can even feel meditative. The thoughts you have as you are taking a nap and the dreams you experience may offer you insights about your life that you may not have at night when you are in a deep sleep.

In order to fully enjoy the benefits of napping, you first need to give yourself permission to nap. Feeling guilty about snoozing or worrying about your to-do list won't do you much good when you are trying to take a nap because your thoughts or feelings will keep you awake. Try to nap at the same time each day and use an alarm clock to ensure that you don't sleep for too long. Naps exceeding half an hour during the day could lead to serious health conditions like cardiovascular disease, diabetes, lower your life expectancy, worsen insomnia, or cause sleep inertia—a feeling of disorientation or grogginess—for a period of time after waking.

Learning to nap and enjoy its restorative benefits can help you wake up restored, rejuvenated, and ready for the rest of your activity-packed day.



## QUOTE

Strong people aren't simply born.  
They are made by the storms they walk through.

-Charlie Johnson

## THOUGHTS FROM THE DESERT RIDER

Good morning, World! The sun is up over Ruff Hill this morning, but not shining quite as bright as in previous days. I am enjoying these warm days, but certainly there is no doubt that what is happening today is going to impact all of us sometime in the future; unless, of course, the weather takes a turn and dumps more than half of our normal rainfall in the few remaining months we have left before Summer.

Of course, nothing can be done to change the weather. However, that is not the case with the course of our lives. We have complete control! Even though we may not have power over all that happens, good or bad, in those cases we do certainly have control over how we react to what happens.

The tendency though, especially in the face of difficulty or tragedy, is to think we do not have control. We lose faith, allow ourselves to be overshadowed by the negatives, and never rise above those difficulties or tragedies to become who we were born to be.

Life is indeed a journey, but that journey is a learning process from beginning to end. Everyone experiences trials, tribulations, pain, suffering, and loss; but in dealing with and experiencing those things we can either come out better and stronger, or bitter and a slave to what has happened, never to rise up and go forward.

Someone once said, "What doesn't kill you, makes you stronger." That is, in essence, the truth. The hardest part is accepting what is, focusing on what you have, not the loss, no matter how great or small, and building that into all that it can possibly be. All I know for a certain is that what may look like so little to the World can, with faith, desire, effort, and hope, become far more than anyone could ever have expected.

My own life's experience is evidence of that very thing. From certain death, disfigurement, and multiple amputations; with no expectations of any hope for any kind of independent lifestyle, I returned to a vibrant, active lifestyle with my kids, work, and world-class off-road racing. A miracle for sure, but only possible through Faith, Hope, and the desire and effort to maximize what was remaining in the aftermath of a horrific tragedy.

From the beginning the greatest miracle was waking up alive and having the opportunity to be able to be around to see my young children finish growing up. The rest was an added bonus. That outcome only came with time, effort and persistence.

None of us know what the outcome of anything is going to be, because the outcome is a future place and no one truly knows what that will look like until we actually get there. But I do know for certain that if you put in the time and effort each and every day, persisting towards a meaningful and purposeful place, the outcome of all that time and effort will result in you living a spectacular kind of lifestyle. Never give up, never give in, and never quit, and you will never be defeated in this World. You will live a successful, exciting, rewarding, and interesting life. It is my hope and prayer that you all find that very thing. Have a blessed day!

~Dwight Lunkley, burn survivor





## UPCOMING EVENTS



### JUNE 27 - 9th Annual FIREFIGHTER'S "A TROPICAL AFFAIR"

Come and enjoy an evening out with Sacramento's finest restaurants, breweries and wineries for a great cause! This outdoor event will be held at the lawn behind Shriners Hospital for Children in Sacramento, CA. Live music entertainment, Hawaiian hula dancers, local celebrities as MCs, and a variety of foods and beverages provided by generous local business sponsors from the Sacramento area, all included in the price of admission. **\$40.00 Early Bird Special Sales end Mar 31, 2020** After this date, regular presale tickets will be available for \$60 or \$100/2 tickets. Don't wait to buy your tickets! If we don't sell out, tickets at the door will increase to \$75/ticket. **Purchase tickets [here!](#)**



### JULY 12-17 - FIREFIGHTERS KIDS CAMP

A program held annually at Camp Arroyo in Livermore, CA, to benefit young burn survivors ages 6 (and have completed the 1st grade) to 17. Their mission is to provide young burn survivors with a fun and safe camp environment that encourages healing, personal growth and character development within a natural setting. Register now! <https://ffburn.org/firefighters-kids-camp>



### OCTOBER 22-24 - 2020 PHOENIX WORLD BURN CONGRESS

Providence, Rhode Island. The Firefighters Burn Institute is honored to provide a limited number of scholarships for burn survivors and the medical professionals that care for them to attend. In order to be considered for a scholarship through the FFBI, please review the [Burn Survivor Scholarship Program Outline](#) for instructions and requirements or the [Outline for Registered Nurses](#). **Scholarship Application Deadline: July 10, 2020**



### AUGUST 8 - HANDLE WITH CARE MASSAGE

Jen Hartley is a Nationally Certified Massage Therapist and Burn Scar Massage Therapy CEU provider. She will be holding a Burn Scar Massage Training for Massage Therapists and will be looking for burn survivors from our area to volunteer for these therapists to practice their newly-learned skills.

Time: 8:30am-5:30pm

Contact Jen at: Phone: 706-831-2889 or 213-660-5106 or Email: [HWCMassage2004@gmail.com](mailto:HWCMassage2004@gmail.com)

## OTHER SUPPORT OPTIONS

Find support and connection whenever you need it, wherever you are through Phoenix Society's active online community.



# PHOENIX SOCIETY FOR BURN SURVIVORS

- **Peer Support Chat:** This weekly, moderated chat gives burn survivors a place to connect and discuss lifelong burn recovery.
- **Online Learning:** These free online courses are designed to empower burn survivors and their families with tools to handle social situations after a burn injury.
- **Resource Library:** Browse the resource library for burn survivor stories, information, and articles about the physical, emotional, and social aspects of recovery.
- **Blog:** Stories and tips by the burn community, for the burn community.
- **Burn Support Magazine:** Also, join their mailing list for updates and other Phoenix Society resources!